

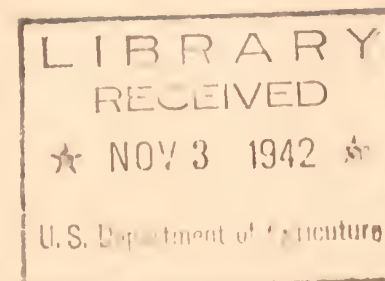
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# 3 market lists for low-cost meals

Slightly revised October 1942

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U. S. BUREAU OF HOME ECONOMICS  
UNITED STATES DEPARTMENT OF AGRICULTURE

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- 1** On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2** Find the line in the table that describes each person. (For example, if Susan is 14 years old, the foods she needs are on the line "Girls: 13-15 years.")

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<sup>1</sup>Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese and 1½ ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of fluid milk.





**New diet guides** announced at the 1941 National Nutrition Conference for Defense show our needs for calories, protein, minerals, and vitamins. Meals providing them can be prepared from many different assortments of food. Plan A includes more potatoes, dairy products, and somewhat more meat than either plan B or plan C. Plan B includes more grain products and leafy, green, and yellow vegetables than plans A or C. Plan C includes more dry beans, fat, and eggs than plans A or B. Which of these three low-cost diet plans a family chooses to follow will depend on the kinds of foods preferred.

## Market list C for low-cost

FAMILY MEMBERS	KINDS AND AMOUNTS				
	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Lb. oz.
Children:	<i>Qt.</i>	<i>Lb. oz.</i>	<i>Lb. oz.</i>	<i>Lb. oz.</i>	
9-12 months.....	7	0— 8	-----	2—0	
1-3 years.....	5	0—12	-----	1—8	
4-6 years.....	4½	0—12	0— 4	1—8	
7-9 years.....	4½	1— 0	0— 8	1—8	
10-12 years.....	4½	1— 2	0—12	1—8	
Girls:					
13-15 years.....	5	1— 4	1— 0	1—8	
16-20 years.....	5	1— 4	1— 0	1—8	
Women:					
Moderately active.....	3½	1— 4	1— 0	1—8	
Very active.....	3½	1— 8	1— 8	1—8	
Sedentary.....	3½	1— 4	0—10	1—8	
Pregnant.....	7	1— 0	0—12	2—0	
Nursing.....	9	1— 8	0—10	3—8	
Boys:					
13-15 years.....	5	1—12	1— 0	2—0	
16-20 years.....	4½	2— 4	1— 8	2—0	
Men:					
Moderately active.....	3½	1— 8	1— 8	1—8	
Very active.....	3½	2— 4	2— 0	1—8	
Sedentary.....	3½	1— 4	1— 0	1—8	
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<b>TOTAL</b> .....					

<sup>1</sup> Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated

milk are about equivalent to  
<sup>2</sup> Such as green cabbage, kale

<sup>3</sup> Such as apples, bananas, peaches

<sup>4</sup> Exclude bacon and salt side



**Whether a family will choose** to follow a low-cost or a more expensive type of diet will depend upon income, how many persons the income must support, and the importance that the family attaches to food. Those who can afford to spend more for their meals than low-cost diets require probably will wish to follow moderate-cost or liberal diet plans. These provide more variety and flavor as well as somewhat higher nutritive value. Guides for such diets may be obtained by writing to the Bureau of Home Economics, United States Department of Agriculture, Washington, D. C.

## Market list C for low-cost meals

[illegible]

<sup>1</sup> Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated

<sup>2</sup> Such as green cabbage, kale, snap beans, carrots.  
<sup>3</sup> Such as apples, bananas, peaches, onions, corn, celery.  
<sup>4</sup> Exclude bacon and salt side.

<sup>5</sup> Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products.

